

Neue

1610

A new Almanacke and
Prognostication, with the

foraine computation ser-
uing for the year of our Lord
& Saviour Iesus Christ

1610.
Being the second year after the
Bissextile or leape year.

Rectified for the elevation of the
Pole Arctike and Peridian of the
famous towne of great Barmouth
in Norfolk, and may serue ge-
nerally, for the most part
of great Brittain.

Prepared, penned and published,
by Iessey Neue, practitioner in
physick, and skilful in the
mathematicks.

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ny of the Stationers.

**The contents of this double kalender, for this
yeare of our Lord God, 1610. which is the se-
cond yeare after the leape yeare, according
to the account and computation of the
Church of England.**

The prime, or Golden number is		15
The circle of the Sun is		23
The epact is		15
The dominicall letter is		C
The Romanne Indiction is		8
The space betweene Christmas and Epiphany, is		7.
weekes and 6 daies.		
The 1 Sunday in lent	February	25
Easter day	Aprill	8
Ascension day	May	17
Whitsunday	May	27
Aduent Sunday	December	3
Betweene Trinitie and Aduent. are	Sundales	25
Betweene Easter and Ascension day, 5 weekes and 3 daies.		
Betweene Whitsunday and midsommer are euen 4 weekes		
Betweene midsommer and Bartholmeu, are 8 weekes		
and 4 daies.		
Betweene Bartholm. & all Saints are 9. weekes & 5. daies.		

The foraine Computation.

The Prime, or Golden number is		14
The circle of the Sunne is		23
The Epact is		5
The Romanne Indiction is		8
The dominicall letter		C
The 1 Sunday in lent	February	28
Easter day	Aprill	11
Ascension day	May	20
Whitsunday	May	30
Aduent Sunday	November	28
The space betweene Christmas and Epiphany is 8		
weekes and 2. daies.		

this
le-

8

15

23

15

8

is 7.

25

8

17

27

2

25

daies.

weeks

weeks

daies.

14

23

5

8

28

11

20

30

28

y is 8

A Briefe and necessary computation of yeres:

yeares

From the creation of the world vntill this present yeare of our Lord God. 1610. is	5580
From the creation vntill the flood	1656
From the flood to Christ	2306
From Moses to Christ	1514
Since the promised seed of Abraham	3624
Since the Israelites departed out of Egypt	3119
Since the destruction of Troy	2793
Since Dute entered this Island	2717
Since the building of the temple of Salomon	2639
Since the building of the City of Rome.	2361
Since Nabuchodonozor the King	2356
Since Alexander the great died	1934
Since Julius Cesar slaine with bodkins.	1659
Since the happy birth of our Saviour Christ	1610
Since Ierusalem destroyed by Cyrus	1537
Since England receiued the christian faith	1430
Since the Danes entered England	592
Since the conquest of England	543
Since the science of Printing was inuented	150
Since King Henry the 8 wonne Bolloigne.	66
Since Kettes rebellion at Rozeuich.	61
Since the infectious sweating sickness	53
Since Spanis Steele stered by lightning,	49
Since the great plague at Newhauen	41
Since the Charles rebellion in the North	41
Since the blazing starre and frosty winter	38
Since the strange sleep apparition in the heauens	36
Since the deepe snow	32
Since the generall earthquake in England.	30
Since the Campe at Tilbury in Essex	22
Since the last earthquake in England	9
Our Kings maiesties raigne, whom the King of heauen graunt long and prosperously to raigne ouer vs, Amen	8

The dominion of the Moone in mans body.

Aries The head and face

Taurus
Necke &
throate
Cancer
Brest, No
macks &
lungs.
Virgo
Guts &
belly.
Scorpio
secrets &
bladder.
Capricornus
the
knees.



Gemini,
Armes &
shoulders

Leo
heart &
backe.
Libra
Reines
& loines
Jaguari.
thighes
Aquarius
the legs.

Pisces The feet.

January hath xxxi. daies.

Now if your body in health will keepe,
warne meates for it is very meete.

Fly phisicke, sloth and venery,
auoid all Bathes most carefully.

i	a	New yeares d	Leo 16	11	d	
ii	b	Oeta of Step.	Virg 0	12	e	Last quar
iii	c	Oeta of John	Virg 13	13	f	ter 6 day at
iiii	d	Oeta Innot.	virgo 26	14	g	10 a clocke
v	e	Edward. dep.	Libra 9	15	a	at night.
vi	f	Twelke day	Libra 21	16	b	
vii	g	1 sun. aft. Epi	Scozp 3.	17	c	● Fete
viii	a	wed. comes in.	Scoz 16	18	d	ppone the
ix	b	Agapit virgin	Scoz 28	19	e	10. day a-
x	c	John Aquari	Sagit 10	20	f	bout mid-
xi	d	Linus Mart	Sagit 22	21	g	night.
xii	e	Arcad. Mart	Capz 3	22	a	
xiii	f	Hillarie bish	capit 16	23	b	
xiiii	g	2. sun. aft. Ep.	capz 28	24	c	corner. Den
xv	a	Maurice,	aqua 11	25	d) First
xvi	b	Marcellus	aqua 23	26	e	quarter, 21
xvii	c	Anthon depof.	Pifces 6	27	f	day 57 min.
xviii	d	Pifcea virgin	pifces 20	28	g	after 4 of
xix	e	Molton bish	arles 3	29	a	the clocke in
xx	f	Fabl. & Siba	arles 17	30	b	morning.
xxi	g	Agnes Virgin	tanens 1	31	c	
xxii	a	Alnoent mart.	cauru 16	1	d	February
xxiii	b	Earniebrge	Gemi 0	2	e	Parish of M
xxiiii	c	Timothye	Gemi 15	3	f	
xxv	d	Con of Paul	gemi 29	4	g	● Full
xxvi	e	Policarp bish	cane 14	5	a	mo 12 29.
xxvii	f	Julian	cane 28	6	b	day at halfe
xxviii	g	4. sun. aft. Ep.	Leo. 12	7	c	an Ierraf-
xxix	a	Theodoze pii.	leo 25	8	d	11 a clock a-
xxx	b	Batild Quee.	Virg 8	9	e	night 1.
xxxi	c	Saturis vic.	Virg 21	10	f	

February hath xxviii daies,

This moneth as yet no phisicke vse,
For feare thaty on your selfe abuse:
Bleede not, nor bathe, be rulde by me,
Except vpon necessity.

i	d	Bridget	fall	libra	4	11	g	☾ Last qua.
ii	e	Barth. of M.		libra	16	12	a	5 day at 42
iii	f	Blaise bish		libra	29	13	b	mi. after 6
iiii	g	Septuagess.		scorp	11	14	c	a clocke at
v	a	Agath virgin		scorp.	23	15	d	night.
vi	b	Dorothie vir.		sagit.	5	16	e	☉ Retwe
vii	c	Augule bish		sagita	17	17	f	moene 13.
viii	d	Solin pilces		Capric	0	18	g	day 50 min
ix	e	Apollin		cap	12	19	a	after 2. a
x	f	Schol vstre in		cap	24	20	b	clock in the
xi	g	Sexagesima		aqua	7	21	c	afternoone.
xii	a	Teeme ends		aqua	29	22	d	
xiii	b	Moltan		pilces	3	23	e	
xiiii	c	Valentine		pilces	16	24	f	☉ Martin
xv	d	Faustine		Artes	0	25	g	☾ First qu
xvi	e	Julian virgin		aries	14	26	a	the 20 day
xvii	f	Policron bish		ari	28	27	b	almost at
xviii	g	Shrove tunde		tau	12	28	c	big hunc one
xix	a	Sabine pite		tau	27	1	d	☉ March
xx	b	Wildred virg		gem	11	2	e	
xxi	c	70 martirs		gemt	26	3	f	
xxii	d	Wed. goes out,		cap	10	4	g	☉ Full
xxiii	e	Policarp	fall	can	24	5	a	moone 27
xxiiii	f	Barthas Apo		leo	8	6	b	day half an
xxv	g	Isidore in lent		leo	21	7	c	houre after
xxvi	a	Nestor martir		virgo	4	8	d	2 a clock in
xxvii	b	☉ Augustine		virgo	17	9	e	the after-
xxviii	c	Ember weeke		Libra	0	10	f	noone.

March hath xxxi daies.

Now March begin the springing time,
The Sunne hath got the equall line:
Vie Phisickes Art and all thyskill,
To help diseases that be ill.

i	d	David bishop	libra	12	11	g	C Last qua
ii	e	Chadde bispo	libra	24	12	a	the 7 day
iii	f	Maurice	scorpio	6	13	b	47 min: aft.
iiii	g	2 sund. in Len	scorp	19	14	c	2 a clocke in
v	a	Focas & Euse	sagit	1	15	d	the after-
vi	b	Alc. & victor	sagit	13	16	e	noone
vii	c	Perpetue	sagit	25	17	f	● Newe
viii	d	Felix marck	capri	7	18	g	moone the
ix	e	40 martyrs	capri	20	19	a	15 day 38
x	f	Sol in Arge	aqua	2	20	b	min: after
xi	g	3 sund in lent	aqua	15	21	c	2 a clocke
xii	a	Oregorie	aqua	28	22	d	the moy-
xiii	b	Theodoze ma.	pisc	12	23	e	ning
xiiii	c	Candida mart	pisc	25	24	f	Annua of
xv	d	Longine mart.	aries	9	25	g	First qu
xvi	e	Boniface bish	aries	23	26	a	21 day 40
xvii	f	Gertrude vir	tau	8	27	b	minu. after
xviii	g	4 sund. in Len	tau	23	28	c	6. a clocke
xix	a	Ioseph	gem	7	29	d	at night
xx	b	Cuthbert	gem	22	30	e	Small
xxi	c	Benedick	canc	6	31	f	Full M.
xxii	d	Afrodolus	canc	21	1	g	the 29 day
xxiii	e	Theodoze prei	leo	4	2	a	34 minue.
xxiiii	f	Imt Reg. Iaco	leo	18	3	b	after 5 a
xxv	g	Annua of	virgo	1	4	c	clocke in
xxvi	a	Caltoz mart	vir	14	5	d	the moyne.
xxvii	b	Partian	vir	27	6	e	
xxviii	c	Dosithe vir	libra	9	7	f	
xxix	d	Quintine	libra	21	8	g	
xxx	e	Quirine	scorp	3	9	a	
xxxi	f	Adolme bish	scorv	15	10	b	

Aprill hath xxx. daies.

This Aprill with his stormy showers,
doth make the earth yeild pleasant flowers:
Purge well therefore for it is good,
to help the body and cleanse the blood.

i	S	Palme Sunday	Scor 27	11	E	Easter day
ii	a	mary egypt	sagitar 9	12	D	☾ Last
iii	b	Richard bispo	sagita 21	13	e	qu the 6
iiii	c	Ambrose bispo	capric 3	14	f	day 52 mi
v	d	Partian	capric 15	15	g	after 8.
vi	e	Bertus bispo	capric 27	16	a	a clocke in
vii	f	Egippus	Aqua 10	17	b	the mo: ne.
viii	☾	Easter day	aqua 23	18	☾	☾ New
ix	a	7. virgins	Pisces 6	19	D	moone the
x	b	John Iohannis	pisce 20	20	e	13 day 10
xi	c	July bishop	aries 4	21	f	min. after
xii	d	Dwald Arch	aries 18	22	g	noone.
xiii	e	Jonon	Tauru 2	23	a	☾ first
xiiii	f	Dilke	Tau 17	14	b	qua the 20
xv	☾	1 sund aft Ca	Gemm 2	25	☾	day 34 mi
xvi	a	Med come in	gem 17	26	D	after 2. a
xvii	b	Colmy	cancer 2	27	e	clock in the
xviii	c	Quintine	cance 16	28	f	morning,
xix	d	Lutherus	Leo 1	29	g	☾
xx	e	Nictor bishop	leo 14	30	a	☾ Full
xxi	f	Simeon bispo	leo 28	1	b	moone the
xxii	☾	2 sund aft Ca	Virg 11	2	☾	27 day a-
xxiii	a	George marti	virgo 24	3	D	bout 9 a
xxiiii	b	Willfrid bispo	lib: a 6	4	e	clocke at
xxv	c	Wacker euau	libra 18	5	f	night.
xxvi	d	Terme begin	Scorp 0	6	g	
xxvii	e	Anastace bispo	scorpi 12	7	a	
xxviii	f	Atalis marti	scorp 24	8	b	
xxix	☾	3 sund aft Ca	sagite 5	9	☾	
xxx	a	Erkenwald	sagita 17	10	D	

May hath xxxi daies.

Now gallant May in his array,
Doth make the fields pleasant and gay:
Walke early now for thy healths sake,
And still thou maiest some phisicke take.

Day	t	b	Philip & Jac	sagit 29	11	e	
ast	ti	c	Athanasii, bish	Capri 11	12	f	C Last
e 6	tit	d	Inuen crosse	capri 22	13	g	qua 5 day
2 mi	liit	e	Floxian	Aquar 5	14	a	50 minutes
8.	v	f	Goddard	aqua 18	15	b	after a 11
ae in	vi	g	4 sund. aft E.	pisces 1	16	c	a clock at
ne.	vii	a	Joh of Beuer	pisces 14	17	d	night.
Reu	viii	b	Appar of mich	pisces 28	18	e	
e the	ix	c	trans. Mich	Arie 12	19	f	
ay 10	x	d	Coridian	aries 26	20	g	Ascen. Day
after	xi	e	iclingemini	Tau 11	21	a	C New
	xii	f	wedd goes out	taur 26	22	b	moone the
first	xiii	g	Regation san	Gem 11	23	c	12 day at
20	xiiii	a	Jldoze mart	gemt 26	24	d	8 in the
4 mi	xv	b	Brandine bish	Can 11	25	e	evening.
2. a	xvi	c	Dioscori mart	cance 25	26	f	first
n the	xvii	d	Alcension day	Leo 10	27	g	quathe 19
ing,	xviii	e	Dunston	leo 24	28	a	day 36 mi
ay	xix	f	Barnardine	Aliego 7	29	b	before 1 a
Full	xx	g	6 sund aft Ca.	virg 20	30	c	clock in the
e the	xxi	a	Terme ends	Libra 3	31	d	afternoone
ay a-	xxii	b	Desiderii mar	libra 15	1	e	June.
2 a	xxiii	c	Trans of fran	libra 28	2	f	
e at	xxiiii	d	Adelme bish	Scoz 10	3	g	Full
	xxv	e	Augustine	scoz 21	4	a	moone the
	xxvi	f	Bede pte st	sagitar 3	5	b	27 day
	xxvii	g	Whitunday	sagit 15	6	c	48 min
	xxviii	a	Tozon mart	sagit 26	7	d	after high
	xxix	b	Felix	Capri 8	8	e	noone.
	xxx	c	Ember weeke	capri 20	9	f	
	xxxi	d	Regius	aquari 2	10	g	

June hath xxx dates.

This moneth of June v^ese clarified whay,
Boiled with colde hearbs drinke alway:
From violent excercise now abstaine,
Except thou wilt in trouble remaine.

i	e	Nichomed ma	aqua	15	11	a	1 Last qu,
ii	f	Parcelline	agna	27	12	b	the 4 day
iii	g	Trinitie sund	piscer	9	13	c	50 min: af-
iiii	a	wed comes in	piscer	23	14	d	ter 11 a
v	b	Boniface bish	artes	6	15	e	clocke in the
vi	c	Moltane	artes	20	16	f	fore-noonne.
vii	d	Corpus christ	taur	5	17	g	● Aetwe
viii	e	Termes begin	taur	19	18	a	moone the
ix	f	William confe	Gemi	4	19	b	11 day 16
x	g	1 sund a ^t Tr	gemi	19	20	c	min. after
xi	a	Solin Cancer	cancer	4	21	d	3 a clocke in
xii	b	Basil	can	19	22	e	the moyn.
xiii	c	Anthony,	Leo	4	23	f	
xiiii	d	Basil bishop	leo	18	24	g	John Bapt
xv	e	vise & modesti	virgo	2	25	a	first qu,
xvi	f	trans Richard	virgo	16	26	b	18 day 10
xvii	g	2 sun a ^t trin.	virgo	29	27	c	m. before 1
xviii	a	Parcelline	libra	12	28	d	in morning.
xix	b	Gernast & P	libra	24	29	e	Peter Apo
xx	c	Trans of Ed.	Scorp	6	30	f	
xxi	d	Atalburg,	scorp	18	1	g	July
xxii	e	Achatius	sagit	0	2	a	
xxiii	f	Andye East	sagit	12	3	b	
xxiiii	g	John Bapt	sagit	24	4	c	● Full
xxv	a	trans Elighus	capri	6	5	d	Moone the
xxvi	b	John & Paul,	capri	17	6	e	16 day at 4
xxvii	c	Termes ends	capri	29	7	f	a clocke in
xxviii	d	Leo bish. Fast	aqua	11	8	g	the moyn.
xxix	e	Peter Apostle	aqua	23	9	a	
xxx	f	Con, of Paul	piscer	6	10	b	

Iuly hath xxxi daies.

Now in Iuly dog daies begin,
 The riuers are best to bath in:
 To take hot drinckes be not too bolde,
 But vse hearbs which be moist and gold.

qu,	4 sun, aft trin,	pisc	19	11	☉	
ay	a	aries	2	12	☾	last qua.
af.	b	aries	16	13	☽	the 3 day
a	c	Tauru	0	14	☿	halfe an ho.
n the	d	taur	14	15	♄	aft 8 a clock
one.	e	taur	29	19	♃	at night.
ve	f	gemi	13	17	♊	
the	☉	gemi	28	18	☉	☉ Newe
16	a	canc	13	19	☾	moone the
fter	b	canc	28	20	☽	10 day 37
kein	c	leo	12	21	☿	min after 10
n.	d	leo	26	22	♄	a clocke in
	e	virg	10	23	☿	☿ forenoon
Bapt	f	virgo	23	24	♊	
qu,	☉	libra	7	25	☉	James Apo
10	a	libra	19	26	☾	First qu.
pe r	b	scor	2	27	☽	the 17 day
ing.	c	scorp	14	28	☿	halfe an
Apr	d	scorp	27	29	♄	houre after
	e	sagit	9	30	☿	3 a clocke
	f	sagit	21	31	♊	in afternoon
	☉	Capric	3	1	☉	August
	a	capri	15	2	☾	
	b	capri	27	3	☽	☉ Full
	c	aqua	9	4	☿	moone the
	d	aqua	21	5	♄	25 day 9
	e	pisces	3	6	☿	min: after
	f	pisces	16	7	♊	6 a clock at
	☉	pisces	29	8	☉	vight.
	a	aries	12	9	☾	
	b	aries	26	10	☽	

August hath xxxi daies.

This moneth of August take good heed e,
For now will many surfets breede;
Let little sleepe thee now content,
If that diseases thou wilt preuent.

i	c	Lammass day	Tau	10	11	f	
ii	d	Stephen mar	taur	24	12	g	C Last qu
iii	e	Iustine priest	Gemini	9	13	a	the 2 day at
iiii	f	Inuen S Ste	gemi	23	14	b	56 min af-
v	g	Goldries conf	Cance	8	15	c	2 in the moyn
vi	a	Trans. Christ	cance	22	16	d	ning.
vii	b	feast of Iesus	Leo	7	17	e	● New
viii	c	Sirlack	leo	21	18	f	moone the 8
ix	d	Romani mart	Virgo	5	19	g	day 22 min
x	e	Laurence mar	virgo	18	20	a	after 7 at
xi	f	Eiburt mart	Libra	1	21	b	night.
xii	g	10 sun aft Tr	libra	14	22	c	Bartho. Ap
xiii	a	John Virg	libra	27	23	d	
xiiii	b	Philippi	Scor.	10	24	e	
xv	c	Almop of M.	scorp	22	25	f	● First qu
xvi	d	Roche mar	Sagit	4	26	g	the 16 day
xvii	e	Orta Lawren	sagit	16	27	a	24 min aft.
xviii	f	Agapit mart	sagit	29	28	b	8 a clock in
xix	g	11 sun aft T	Cap	11	29	c	the morning
xx	a	Lewes bishop	capri	23	30	d	● Ful m.
xxi	b	Barnard conf	Aquar	5	31	e	September
xxii	c	Det. assum	aqua	17	1	f	the 24 day
xxiii	d	Timothy fast	Pisces	0	2	g	18 mi. aft.
xxiiii	e	Watigo. Apost	Pisc	13	3	a	7 a clock in
xxv	f	Lewes King	pisce	26	4	b	the moyn.
xxvi	g	Dog daies en	Aries	9	5	c	C Last qu
xxvii	a	Seuerine	aries	22	6	d	the 31 day
xxviii	b	Rufus marti	Taur	6	7	e	9 mi. after 8
xxix	c	John beheade	taur	20	8	f	a clock in the
xxx	d	Felix & Audac	Gemini	5	9	g	morning.
xxxi	e	Cuthburg vir	gemi	19	10	a	

September hath xxx dayes.

Now maist thou phisicke safely take,
And bleede and bath for thy healths sake,
Eat figges and grapes and spicerie,
For to refresh thy members dry.

i	f	Egidiuſ	cancer	4	11	h	● Newe
ii	g	13 ſun. af. tri	cancer	18	12	c	Moone the
iii	a	Gregorie	leo	3	13	d	7 day at 6
iiii	b	trāf, of Cuth,	leo	17	14	e	a clocke in
v	c	herculus	virgo	0	15	f	5 morning
vi	d	Eugenius	virg	14	19	g	1 ſirſt q. the
vii	e	Goigon	virgo	17	17	a	15 day 48.
viii	f	na, of Marie	libra	10	18	b	min, after 2
ix	g	14 ſun, af. tri.	libra	23	19	c	a clocke in
x	a	Proch, & Jaci	ſcorp	5	20	d	the moyn.
xi	b	Martian biſh,	ſcorp	17	21	e	Mathew A
xii	c	Maurille	Sagita	0	22	f	
xiii	d	ſol in Libra	ſagit	12	23	g	● Full
xiiii	e	holy Croſſe	ſagit	24	24	a	moone the
xv	f	octa, Marie	capri	6	25	b	21 day 18
xvi	g	15 ſun aft, T,	capri	18	26	c	min, after
xvii	a	Edith	aqua	1	27	d	7 a clocke at
xviii	b	Lambert	aqua	13	28	e	night
xix	c	Ember weeke	aqua	26	29	f	Michaell A
xx	d	Enſace. Faſt	piſces	8	30	g	
xxi	e	Agathe Apo	piſces	22	1	a	October
xxii	f	Marice	aries	5	2	b	
xxiii	g	16 ſun, af, tri.	aries	18	3	c	● laſt quar-
xxiiii	a	Andoche mar	taur	2	4	d	ter 29 day
xxv	b	Firmini mar	taur	17	5	e	40 mi. after
xxvi	c	Cypri, & Juſt,	gem	1	6	f	one a clocke
xxvii	d	Colm, & dam,	gem	15	7	g	in the after
xxviii	e	Eruperi,	cancer	0	8	a	noone.
xxix	f	Michael Arch	cancer	15	9	b	
xxx	g	17 ſun, aft, tr,	Cance	29	10	c	

October hath xxxi daies.

This moneth hot drinkes and meates be good,
To keepe thy health and nourish thy blood;
Provide thee warme cloathes and goe dry,
Thou shalt escape much daunger thereby.

i	a	Remi, bishop	Leo, 13	11	d	☉ New
ii	b	Leodegari	Leo 27	12	e	moone the
iii	c	Candida mart	Airg. 10	13	f	6. day halfe
iiii	d	Franc. confess	Airg, 24	14	g	an houre af
v	e	Appollinaris	Libra 6	15	a	ter 7 a
vi	f	Falch virg in	Libra 19	16	b	clock at
vii	g	18. sun. aft, T	Scorpi 1	17	c	night.
viii	a	Pelagie virgi	Scor, 14	18	d	☾ First
ix	b	Terme begin	Scor, 26	19	e	qua, the 14
x	c	Seidion & vit.	Sagi, 8	20	f	day 15 mi,
xi	d	Burchadie	Sagi, 20	21	g	after 9 a
xii	e	Willfride	Capri: 2	22	a	clock at
xiii	f	Iovin & corpio	Cap. 14	23	b	night.
xiiii	g	19. sun. aft, T	Capri 26	24	c	☉ Full moo
xv	a	Molfran	Aquar. 8	25	d	22 day half
xvi	b	Pich mount	Aqua, 21	26	e	ho. after 6 a
xvii	c	Trans of Ethe	Pisces 3	27	f	clocke in
xviii	d	Like Change	Pisce, 16	28	g	morning.
xix	e	Fridelwilde	Aries 0	29	a	☾ New mo
xx	f	Aukrebert	Arie, 13	30	b	qu, the 28
xxi	g	20 sun, aft T	Arie. 27	31	c	day halfe an
xxii	a	Mary salomo	Tau, 11	1	d	houre after
xxiii	b	Seuerinus	Tau, 26	2	e	9 a clocke
xxiiii	c	Eva of Ioh be	Gem, 11	3	f	at night.
xxv	d	Crisping Cri	gemi, 25	4	g	
xxvi	e	Arinla	can, 10	5	a	
xxvii	f	Florence fall	can, 25	6	b	
xxviii	g	Simon & Iun	Leo 9	7	c	
xxix	a	Arcellius bish	Leo 23	8	d	
xxx	b	Germaine bi.	Airgo 7	9	e	
xxxi	c	Quintine	virgo 21	10	f	

November hath xxx daies.

Now maist thou drinke sweet wines freely,
 And vse good mirth and company:
 Abstaine from wrath and all enuy,
 And vse thy Brethren charitably.

	d	All Saints	Libra 4	11	g	New
it	e	All soules	libra 16	12	a	moon the 5
itt	f	Clemente vic	libra 29	13	b	day 10 mi
titl	g	22 sun aft Tr	Scor 11	14	c	before high
b	a	Leonard	scorpi 23	15	d	noone.
vi	b	Willfride bish	Sagi 5	16	e	First
vii	c	4 Crowned	sagita 16	17	f	qu, 13 day
viii	d	Theodor mar	sagita 28	18	g	21 min af
ix	e	Bennet	Capr 10	19	a	4 a'clock in
x	f	23 sun. aft tr	capric 22	20	b	the after
xi	g	Sol in Sagitari	Aquari 14	21	c	noone.
xii	a	Pisce	aquari 16	22	d	Full
xiii	b	Trans Erken	aquar 29	23	e	moone 20
xiiii	c	machut bisho	Pisce 11	24	f	day about
xv	d	Edmond bisho	pisce 24	25	g	5 a clocke
xvi	e	Hugh	Aries 8	26	a	at night
xvii	f	24 sun aft Tr	aries 21	27	b	Aduent St
xviii	g	Elizabeth ma	Tauru 6	28	c	Andrew
xix	a	Edmond kin	tauru 20	29	d	December
xx	b	Presenta mar	Gemi 5	30	e	
xxi	c	Cicil virgin	gemi 20	1	f	
xxii	d	Clemente bisho	Cancer 5	2	g	
xxiii	e	Grillogon mar	cance 20	3	a	Last
xxiv	f	25 sun aft Tr	leo 4	4	b	qu 27 day
xxv	g	Katherine vic	leo 19	5	c	18 min af
xxvi	a	Lincol bisho	Virgo 3	6	d	ter 8 a
xxvii	b	Cerine endo	virgo 17	7	e	clock in
xxviii	c	Saturne	Libra 0	8	f	the moone.
xxix	d	Andrew Apo.	Libra 13	9	g	
xxx	e		Libra 26	10	a	

December hath xxxi. daies.

This moneth as I do now remember,
The twenty five of this December:
Our sauour Christ was borne that day,
That we might praise his name alway.

i	f	Eligius	scorpio 8	11	b	● New
ii	c	Advent Sunday	scorp 20	12	c	moon 5 day
iii	a	Allen goes out	sagita 2	13	d	halfe houre
iiii	b	Barbarie virg	sagite 14	14	e	after 6. in
v	c	Sabba Abbot	sagit 25	15	f	the moyn.
vi	d	Nicho bishop	Capri 7	16	g	First qu
vii	e	Oct of Andye	capri 19	17	a	13 day 9 in
viii	f	Conce of Ma	aquari 0	18	b	the sozencon
ix	c	2 sand in Adu	aqua 12	19	c	● Full
x	a	Eulalia virg	aqua 25	20	d	moone the
xi	b	Iohn caprico	Pisces 7	21	e	20 day 15
xii	c	paul bishop	plsee 20	22	f	min after 3
xiii	d	Lucy	aries 3	23	g	a clocke in
xiiii	e	Otholy virgin	aries 16	24	a	the moyn.
xv	f	Valerius bish	Tanru 0	25	b	Christmas
xvi	a	3 sun in Adu	taura 14	26	c	S Stephen
xvii	b	Lazarus bisho	taur 28	27	d	John Euang
xviii	c	Gratian bisho	gemi 13	28	e	Innocents.
xix	d	Ember werke	gemi 28	29	f	
xx	e	Iulian. Fast	cane 13	30	g	
xxi	f	Thomas Apo	cance 28	31	a	
xxii	c	30 marties	Leo 13	1	b	January.
xxiii	d	4 sun in Adu.	Leo 28	2	c	
xxiiii	a	Adam & Eve	Virg 12	3	d	● Last qua
xxv	b	Christmas da	virgo 26	4	e	the 26 day
xxvi	c	S. Stephen	libra 9	5	f	44 minutes
xxvii	d	John Euange	Libi 22	6	g	after 10 a
xxviii	e	Innocentis	scorp 5	7	a	clock at
xxix	f	Thomas Bec	scorp 17	8	b	night.
xxx	c	David	scorpi 29	9	c	
xxxi	a	Siluester	sagit 11	10	d	

Neue. 1910.

A Prognostication
seruing for the yeare of
our Lord God and Savi-
our Iesus Christ.

1610.

¶ wherein you may behold and
observe the grounds of the alterati-
on, and condition of the foure quater-
ters of this yeare, and also the estate
and disposition of the ayre, for each
seuerall day, according vnto the in-
clination of the Celestiall bodyes,
with the change of the Moone, and
the time of the Eclipses, with other
necessary obseruations, conue-
nient in such a sort
to be noted.

Calculated, and especially referred
to the longitude and Elevation of
the Isle Briticke, of the famous
towne of great Yarmouth, in Nor-
folke, and may serue indifferent-
ly for all England.

By Ieffery Neue, Practitioner in
Physick and Chirurgery.

☿ Certaine profitable Rules and brieſe obſervations, concer- ning Husbandrie.

The beſt time to ſow all kinde of Corne is, when the moone goeth her courſe in Cancer.

The beſt time to plant and Graſt, when the moon is in a fixed ſigne, eſpecially in Taurus or Aquarius, in the increaſe of the moone, which is between the change and the full.

To ſet or ſow all kind of ſeeds, the moone beeing ſwell ſeated in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Piſces.

Sell timber to build withall, when the moone is towards the laſt quarter, ſhe being then in Aquarius or Piſces.

Crop trees and ſell wood to burne, that the ſtocke may the better and ſooner grow againe, when the moone is in the firſt quarter.

Remoue and ſet young trees, in the laſt quarter of the Moone, in Taurus or Capricornus, and that in the monthes of September, October, Nouember, and February.

The time to geld Cattell, the moone in Aries, Sagittarius, or Capricornus.

The beſt time to cut Wines, is in February or March, the Moone increaſing in Taurus, Virgo, or Libra.

The beſt time to ſheare ſheepe, is in the increaſing of the Moone, that is from the full to the change.

To cut haire, that it may the ſooner growe againe, the Moone increaſing in Taurus, Virgo, or Libra.

To mancke your Land, that the weeds may not grow thereby, is in the decreaſing of the Moone, that is from the full to the change.

Brieſe

¶ Briefe Rules and necessary Obseruations, concerning Bleeding, Bathing, Purging, and Sweating, according to the motions of the Moone.

When the weather is epyther extreamly hot or cold, it is not then conuenient, either to let blood or to purge, vnlesse some great necessity do require it: yet notwithstanding if this blood-letting be for the Phrenzy, the Pestilence, the Squinancy, the Plurisie, the Apoplexy, for a continuall headach, proceeding of Chollick or blood, or for any hot burning feauer, or other extream paine a man in such a case, may not tarry a cholen time, because the patient might miscarry in the meane season. But in this foresayd case of extreamity, blood is not to be let in such quantitie, as otherwise it would, if a cholen time might conueniently be expected.

The best time to let the Phlegmaticke blood, is when the moone is in Aries, or Sagittarius, the head & thighs excepted.

For the Melancholly, the moone being in Libra or Aquarius, the buttocks and legs excepted.

For the Chollick, the moone being in Cancer, Scorpio, or Pisces.

For the Sanguine, all be good which before is named.

In the Spring time, let blood at the right side.

In harvest time, let blood at the left side.

For Bathing.

The best Bathing generally, when the Moone is in Aries, Leo, & Sagittarius, and that two or three daies after the change, and at the full of the Moone: for then the superfluities are ripe and ready to anyoys issue, and flow out, &c.

If any will enter into the Bath for cleanliness sake, let be done, the moone being in Libra or Pisces.

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For Purging.

The Signis generally good for Purging, are Cancer, Scorpius, and Pisces.

Particularly, as with potions or drinks, in Scorpius. Purge with Eleuaries, the Moone being in Cancer.

Purge with Pilles, the moone being in Pisces.

Take Preparatiues, the moone in Aries, Leo, or Sagitt.

Take vomits, the moone in Leo, Aries, Capricornus.

Take Gargarises, the moone in Aries, Cancer, or Cap.

Take Clusters, the moone in Libra or Scorpio.

To stop Fluxes, Rheumes, and Laxes, the Moone being in Taurus, Virgo, or Capricornus.

To provoke Fluxings, the moone in Cancer, Leo, or Virgo.

Good to comfort the vertue Attractiue, the moone in Aries, Leo, Sagittarius.

Good to comfort the vertue Digestiue, the moone in Gemini, Libra, or Aquarius.

Good to comfort the vertue retentiue, the Moone in Taurus, Virgo, Capricorne.

Good to comfort the vertue expulsiue, the Moone in Cancer, Scorpio, and Pisces.

For Sweating.

The best and mostest signes to sweat in, are Leo, Aries and Sagittarius, and that two or thre daies after the change, and at the full of the Moone. And note, that in sweating, it is better to doe it at the euening then in morning : for when the body hath nourishment with in, the spirites shall not betterly bee drawne forth to the extreame parts. Note further, that leane and dry folkes or feeble persons, must sweat little, for it will hurt them much : But fat folkes may sweat well, and it will help them much.

**¶ Of the Eclipses which shall happen
this present yeare of our Lord
God. 1610.**

The first Eclipse of the Sun, shall be apparent, & visibly seene on the tenth of June, vnto those people that inhabite the Easterne parts of the world. The points of degrees eclipsed are 12. and 12. minutes. The whole time of the continuance of this eclipse, will be three houres.

The second eclipse shall be of the moone, which will be obscured to our sight, on the 26. of June being Tuesday, she then appearing first to incur the shadow of the earth almost halfe an houre after two of the clock in the morning, and so still increasing in darknesse vntill her setting: she shall bee at her greatest obscurity, after her departing downe out of our Horizon, which will be about foure of the clocke, and 20. minutes, she being at that instant in the second face of Capricornus, a signe of the earthly triplicity, naturally cold and dry, &c. The points of degrees eclipsed are ten, & 37. minutes. The whole time of the Moons obscurity, will be three houres and 30. minutes.

The third Eclipse, The bright Globe of the Sunne, which is the eye of the world, the fountaine of light, and the chiefe Moderator of all the rest of the lightes, shall be subiect to be obscured and eclipsed againe, on the fift of December, with a great obscurity, which will be plainly seene and manifested vnto the lesser Asia, Siria, Rhodes & Cyprus, with the Iadacent Countries which are situated more Eastward; of them. The time of the continuance of this defect of obscurity, from the beginning to the end will be three houres. As concerning the effects of this aforesaide Eclipse, in regard of the farre distance, they doe not concerne vs, therefore I omit to make any relation thereof.

A Prognostication

The fourth Eclipse, will sensibly and visibly appeare in our Horizon, on the 20. of December, 15. minutes after three of the clocke in the Morning, at which time the Moon shalbe deprived of part of her borrowed light of the sunne, by reason of the earths interposition between them, she being at that instant diametrically opposite vnto the sun in a signe of the watery triplicity, naturally cold & moist, of complexion, fleymatieke, feminine, nocturnall, moueable, septentrinall, the naturall and essentiall House of the Moone wherein she reioyceth most, and wherein also the most beneuolent and fauourable Planet Iupiter, called commonly Fortuna maior, both ascend, being therein chiefly eleuated and exalted, gouernour and ruler of the breast, the mouth of the stomack, the Lungs, euen almost to Diaphragma, or the Middlle. This lunnyr obscuration doth continue from the beginning to the ending, two houres and 36. minutes. The points or degrees eclipsed, are six, and almost six minutes. Now the nature and properties of the signe being known, considering that it is a cold and watery signe, it befookeneth according to the Iudicials of Astrologie, that great abundance of raine is like to ensue, with many perillous ouerflowings by the rage of waters: whereby many shall bee hindered and endamaged, it will also cause much raw inconstant and distemperat weather: it portendeth the destruction of much fish & water foules: great enuy, strife, debate, contention, and sedition, with many violent oppressions, robberies, and murders: besides sundry losses and dangers, vnto those that get their liuing on the seas, which shall come to passe, which shall come to passe by meanes of tempestuous and immoderate weather. Moreover (as Ptolemy saith) it signify a death and ouerthrow amongst the baser, and poore sort of people. And Ptolemy saith, it signifyeth variety and change of diuers Men in their fashions and manners: And so briefly at this time of this eclipse.

¶ A Description of the foure quarters of this yeare of our Lord God, 1610.

¶ Of Winter.

Winter (which is the chiefe capitall foe for the Spring, the disgrace of Summer, and the deepe denourer of the fruitfull Harvest) began to take his effects (according to our vsuall Computation) the 11. of December, in the yeare aforesgoing, at the first entering of the sunne into the first minute of the signe Capricornus, at which time the sun shalbe at his greatest south declination frō the Equinoctiall line, so that hee riseth South-east, and setteth South-west. Now is the Hiemall or Winter Solstice, for the sunne is so far remoued from our Zenith or verticall point, that he can decline no further, and standeth at a stop and stay, and euen then is the shorrest day and longest night in the yeare, and so this Winter Quarter doth continue vnto the tenth of March next ensuing.

Touching the inclination and disposition of the weather for this quarter, I am deduced to iudge generallie, that we are like to haue many boystrous winds: and many sharpe pinching frosts in January, but towards the latter end of February, some stozz of stormy moyshure.

This quarter is by nature cold and moist, vnpleasant for the most part to trauellers, either by Land or Sea, and vnto aged persons it is very cumberous and noisom, causing superfluitie of rawnesse, and aboundance of colde moistnesse, to ouerflow their bodies to their great trouble and disquietnesse, &c.

The diseases most like to afflict mens bodies, shall bee many Austerian and Putride Agues, swimminges in the heade, payne in the eyes, windinesse and ill digestion in the stomacke, Coughes, many colde distillations, into the subiect partes of the body, as into the

A Prognostication

Stomache, Lungs, Raines, and wyntes, many troubled with hoarsenesse, and stopping of the lungs and pipes, paine in teeth and throat, Cough, Collics, Gripings in the guts, and much paine in the Kidneyes and bladder, to those that are subiect to diseases in those partes. The Lord of his infinite mercy turne all evils away from vs Men.

Of the Spring.

The Sunne (which is the eye of the world, the countaine of light, and the chiefe moderator of all the rest of the lights) hath like a Gyant run his race, and finished his revolution (Graduum) throughout the 12. signes, and now beginneth his journey afresh againe, & goeth on euery course, and so becomes an indifferent Arbitr betweene the day and the night, and maketh an equality throughout his whole gouernment, to the great ioy and comfort of all his reuiued Subiectes, chearing with his splendant countenance, the poore afflicted wretches with his words of this our happe starre of mortallity (which the darkened countenance of the winters extenuities, hadde almost subdued) with his most excellent presence, whereat the earth begins to smile and to put on her new apparell, the flourishing liuery of fresh Flora. Whose liuerrall proceedings will be hindered, with sharpe blasts, frost, and haile, and some vnhinde mortuities among, with some great winds, and other distemperatures, to the damage and hurt of all sorts of budding, blooming, and sprouting things.

This season is naturally hot and moist, the most temperate time in all the yeare, and the least breeder of sickness, that both procure death, and a conuenient time for the removing of sicknesses and griefs gotten before, and also to auoid and prevent those that are to come, for now the dull senses and Spirits of Men and other creatures are quickned and reuiued, and therefore the humors which do abound and are ready to repel nature,

sure, are readiest to be emptied and anoyded, whether by blood-letting, purging, or otherwaies, as the learned shal advise, and as the canie of the disease shal require: Such therefore as are diseased, let them not neglect this time.

Sundry sorts of sicknesses, and deadly Maladies, are threatened this quarter. As paines of the head, and eyes, bleeding at the Nose, Impostumes in the stomacke, many doubtfull Fevers; many kind of Scabs and itching, Tetters, Biles, and swelling in many parts of the body, paines about the Wombe, stomacke, and Reignes, Itch in the ibynes, small Pore and Peasels, Jaundies, many obstructions, with much corruption of blood, and such diseases as may proceede thereof. Let vs call upon the Almighty, that he may still continue his accustomed mercies and favourable blessings, vnto vs both now and evermore, Amen.

Of the Summer.

Summer the third part of our vulgar yeare, according to our vsuall computation, beginneth now when the Sunne hath mounted in his motion, to the highest point of his course: Namely, to the first degree of the Equinall Solstice Cancer, which is his greatest declination to the North, from the Equinoctiall line. And then is the longest day and shortest night with vs in the yeare, at which time beginneth our common Summer season, which is this yeare vpon the 11. of Iune, being Monday: which quarter doth endure till the Sunne hath gone through these Summer signes, Cancer, Leo, and Virgo from the first day, whereof the daies continually decrease by little and little, euen to the contrary Solstice, Capricornus. described before in the winter quarter.

This season according to his proper Nature, is hotte and dry, turning the humors of mens bodies from coldnesse and moysture, into hotnesse and drynesse, resembling the

A Prognostication

the Element of fire, and complexion of Chollicke, bringing all fruites to their ripenesse, Cattle to their fatnesse, and men to their wealth.

Touching the perticuler inclination of this quarter, I do refer you vnto my daily disposition.

The infirmities of this season are hot burning feauers bouenting, with spitting of blood, Fluxes, paine in the eyes, and head, blisters in the mouth, Squinances, hot impostumes of Chollicke humors, inflammations of the Liner and Raines, Fluxiles, sharpe scalding of the brin, especially to those that are of a Chollicke complexion. The heat of the blood will cause dangerous diseases, especially to such as haue vsed much hot wines & strong drinckes, with many other diseases, which the Lord of his mercy turne from his elect.

Of the last quarter called Autumne.

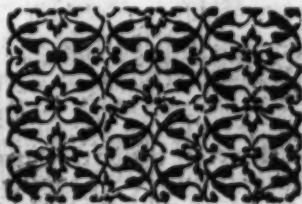
Autumne (according to our accustomed Computacion) the last quarter of this yeare, beginneth at the Sunnes departure from the last scruple of Virgo, into the first minute of the second Equinoctiall signe Libra, which will be this yeare vppon the thirteenth day of September, being thursday, the day and night being of an equall length, as in the spring: but the seasons are far vnlike in equallity, for this tyme of the is of it selfe vncoustant and variable, warme in the day tyme, and cold in the night.

As concerning the heate of the weather for this season, I thinke it will bee somewhat disemperate, many stormy showres, no frostes of any continuance, but many close lowering dayes, with many vnerpected blastes of wind, and diuine inopsture, making it raw, cold and vncoustant: for trauallers, either by Sea or land.

The

The sicknesses and diseases which will be incident be-
to this quarter, are paine in the sides, Opilations of the
Spleene, vntimely coldes, Quartaine Agues, difficult of
breathing, obstructions in the Liver, blacke Jaundies,
Hemeroides, Dropsies, Gouts, Consumptions, falling
sickness, Itch in the bones and Joints, with many mel-
ancholy diseases.

The quarter because of the inequality of temperature,
may as Hypocrates saith, be cald the Mother or Nurle of
deadly sicknesses. And Galen saith, that this time is most
perillous: for whatsoeuer hath beene euill in the seasons
before, and because of the euill state of the ayre in the
hot Summer, it will give great force to
the Pestilence or Pestiden-
tiall feauer.



A

¶ *A declaration of the inclination and disposition of the winds and weather, according to the diuers motions and influences, of the Erraticall and fixed stars : with the day, houre, and minute of the change of the Moone, her full and quarters : and also of the rising & setting of the Sun, in euery seauenth day of euery month of this yeare of our Lord God. 1610.*

¶ *Of Ianuary.*

Day	The sunne riseth,	The sunne setteth;
1	howre 8 and 3 minuts	howre 3 and 57 minuts.
7	howre 7 and 56 minuts	howre 4 and 4 minuts.
14	howre 7 and 46 minuts	howr 4 and 14 minuts.
21	howre 7 and 34 minuts	howre 4 and 26 minuts.
28	howre 7 and 23 minuts	howre 4 and 37 minuts.

The first 2. and 3. dayes frosty and cold, the 4. and 5. daies windy and cloudy. The last quarter the 6. day at ten of the clocke at night, and 7. frosty, the 8. 9. 10 and 11. subiect to wind, or raine or snow, the 12. and 13. rising shy. The New moone the 14. day about midnight, the 15. and 16. vncoustant, the 17. 18. 19. 20. & 21. daies winterly weather. The first quarter, the 22. day, 57. minutes after 4. of the clocke in the Morning, windy, the 23. 24. 25. and 26. daies lofty winds, with variable moisture, the 27. and 28. in like manner. The full Moone the 29. day, halfe an houre before one of the clocke in the morning ouercasting cloudes, the 30. and 31. more temperate.

In this Month of Ianuary let not bloud, neither vse but little Physicke, except necessity constraineth, and beware of taking cold, for in this month Rheumes and Fleume do much increase, to fast long is hurtfull, but to drinke white-wine fasting is good and wholesome. Also to take euery morning roosed honny a little quantity 2. houres

Neue. 1610.

houres befoze meate, will comfort the stomache and cleanse the body of Choller and sicume, his meates and drincke that are naturally hot, moderately, and weare warme cloathes.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

The 1. 2. and 3. daies frosty, the 4. some storm. The last quarter, the first day, 42. minutes after 6. of the clock at night, and 7. inclined to some moisture, the 8. temperate, the 9. and 10. some overcasting clouds, the 11. and 12. stormy moisture. The new moon the 13. day, 50. minutes after two of the clocke in the afternoone, the 14. and 15. windy and vnconstant, the 16. and 17. apt for the season, the 18. and 29. windy and stormy. The first quarter the 20. day almost at high noone, & 21. rustling winds, the 22. 23. 24. 25. and 26. daies winterly weather. The full moone the 27. day, 30. minutes after two of the clocke in the afternoone, some fall of moisture, the 28. day reasonable faire.

In this month of February, all thinges that doe opiate, stoppe, or thicken the bloud, are to bee refrained: and yet forbeare Phisicke and letting of bloud, except great necessity do constrain it, and learned counsell do aduise it. Beware of taking cold, for Agues now are easily got, &c.

A Proghostication

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houe 5 and 40 min.
7	hou. 6 and 8 minut	houe 5 and 52 min.
14	hou. 5 and 54 min.	houe 5 and 6 min.
21	hour 5 and 40 min.	houe 6 and 20 min.
28	hour 5 and 26 min.	hour 6 and 24 min.

The first day faire, the 2, 3, 4, 5, & 6, daies sometime moist weather. The last quarter the 7, day, 47, after two of the clocke in the afternoone, not unlike the former, the 8, 9, 10, 11, daies faire and windy, the 12, 13, and 14, daies apt for the time. New moone the 15, day, 38. minut after two of the clocke in the morning, and 16 temperate, the 17 and 18 cloudy, the 19 and 20 faire. The first quarter the 21, day, 40 minut after 6. of the clock at night, and 22 and 23 inclined to raime and wind, the 24 and 25 spunging weather, the 26, 27 and 28 faire and indifferent. Full Moone the 29 day, 34, minut after five of the clocke in the morning, and 30. and 31. daies windy and rayny weather.

In this Moneth of March, the humours of mans body begin to increase : and nowe grosse feeding breedeth grosse blood and grosse humors: wherefoze nowe (in milde and warme weather) it is good to purge and clarifie the blood by Potions, Bathings, & Blood-letting or such other waies, as the learned Physitian shall appoint, and as the cause of the disease shall require.

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¶ Of April.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 4 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min.

The first day some Aprill shewes, the 3, 4. and 5. sitting the season. The last quarter the 6 day, 52 minutes after 8 of the clocke in the morning, and 7 and 8 good weather, the 9, 10, 11, and 12. ouercasting cloudes for raine. New Moone the 13 day, tenne minutes after high noone some shewes, the fourteenth windy, the 15, 16, and 17. very good weather, the 18 and 19 some stormes to be expected. The first quarter the 20 day, 34 minut after two of the clocke in the Morning, the 21, 22, 23, 24, 25, and 26, daies are like the most part of them, to be vnseasonable and blustering. The full Moone the 27 day, about nine of at night, and 28, 29, and 30. daies mutable & vnconstant.

In this Month of Aprill, the pores of men are opened, and are apt to receiue Whiske : and they that now refuse the same, I commit them to the benisite of Nature, for of all times of the yere, this is the best time to prevent causes of sicknesses, or for speedy remedie in extremities : for now nature her selfe dooth renewe strength through all the body. So where sickness happeneth, shes some unburdeneth by the meanes of Whiske : wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilst time is, &c.

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¶ Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50 min.	hour 8 and 10 min.

The 1. and 2. daies faire May weather, the 3. and 4. some stormes of wind and raine. The last quarter the 5. day, 50. minuts after 11. of the clocke at night, and 6. 7. and 8. vnconstant, the 9. 10. and 11. pleasant weather. The new Moon the 12. day, about 8. of the clocke at night, some change of weather, the 13. and 14. faire, the 15. 16. and 17. raine and wind, the 18. Cloudy. The first quarter, the 19. day, 36. minuts before one of the clocke in the afternone lowering and vncertaine, the 20. 21. 22. 23. and 24. many white dispersed cloudes, the 25. and 26. moyst and vncertaine. The full Moon the 27. day 48. minuts after high noon, not vnlike the former, 28. and 29. faire, the 30. and 31. some fall of moysture.

In this month of May rise early, for May booth not loue no sluggardis. And let such as be in health and able, walke into the fieldes, and eat and drinke a little berries: and abstaine from such Meates as bee hot of nature. And for such as be sicke, it is a very good time to be let blood, or to take Physicke. Such as bee whole, God keepe them in health: and such as bee sicke, God send them good Physicans and Physicke.

¶ Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

The

The first, 2 and 3 daies stormy and vnconstant. The last quarter the 4 day, 50 minutes after 11 of the clocke in the forenoon in like manner, the 5, 6, 7, 8, 9, and 10 daies soult try hot. with stormes of raine. Newe moone the 11 day, sixteenth minutes after three of the clocke in the morning, and 12 indifferent, the 13 and 14 some storme to be feared, the 15, 16 and 17 daies very hot. The first quarter the 18 day, 10 minutes before one of the clocke in the morning, the 19 and 20 faire and pleasant, the 21, 22 and 23 daies, some change, the 24 and 25 seasonable. Full moone the 26 at 4 of the clock in the morning, and 27 some overcasting cloudes, the 28. 29 and 30 daies sitting the season.

In this Moneth of June, if thou must needes vse Whiske, take it early in the morning, that it may haue wrought before the heate of the day: and vse a light or thinne dyet, for the stomacke is not now so able to digest as in winter, or some other of the former Monthes. It is very good and conuenient for some to drinke clarified Whay, boyled with cold Hearbes, and to abstaine from ouer violent exercises.

¶ Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minur	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

The 1 and 2 daies very hot. The last quarter, the 3 day, halfe an houre after 8 of the clocke at night, the 4, 5, 6, 7, 8 and 9 daies all like to proue hot summers weather. New moone the 10 day, 27 minutes after ten of the clocke in the forenoon: some fall of moysture, the 11, 12, 13, 14, 15,

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and 16 somewhat vnconstant. The first quarter, the 17 day, halfe an houre after three of the clocke in the after noone, and 18 and 19 giuen to moysture, the 20, 21, 22, & 23 dayes pleasant weather, the 24 some heat drops. Full Moone the 25 day, 9 minutes after sixe of the clocke at night, and 26 and 27 not vnlike the former, & 28 moist, the 29, 30, and 31 dayes apt for the time.

In this Month of July, eate not any hot spiced Meates: and vse to drinke but little Wine this month, because of the great heate of the season: beware of bleeding by vaine, abstaine from Whisicke, and extream exercise: vse colde Hearbs, and cold Meates. And now the riuers are more wholesome then the baths.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hou. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

The first day faire. The last quarter the 2 day, 56 minutes after two of the clocke in the morning, the 3 and 4 windy, the 5, 6 and 7 inclined to moysture. New moon the 8 day, 22 minutes after 7 of the clocke at night, the 9, 10, 11, 12 and 13 all like to proue seasonable, the 14 and 15 some ouercasting cloudes. The first quarter the 16 day 24 minutes after 8 of the clocke in the morning, the 17, 18 and 19 some stormes, the 20, 21, 22, and 23. very good weather. The full moone the 24 day, 18 minutes after 7 of the clocke in the morning, the 25 and 26 dayes some showrs, the 27 and 28 dayes fitting the season, the 29 and 30 dayes lowering and vnconstant. The last quarter

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quarter the 31. day, 9. minutes after 8. of the clocke in the morning, many white dispersed clouds.

In August moderate diet is good Whiske, for now it is very dangerous to surfeit: and take good hede of heates and then colds, for nothing sooner engendereth Plurisies. And vse not to sleepe much, and especially after noone, for making Opelations, and for moyding of Agues, and the headach, and Cathares. And let a man abstaine from physick this month, except necessity compell him.

¶ Of September.

Day	The sunne riseth.	The sunne setteeth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minutes	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

The 1, 2, 3. and 4. dayes moysture, the 5 and 6 daies better inclined. Some Moone the 7. day, at five of the clocke in the morning, a cloudy change, the 8 and nine daies temperate, 10. 11. and 12. daies some fall of moysture, the 13. and 14. daies seasonable. The first quarter the 15 day, 48. minutes after two of the clock in the morning, the 16. and 17. not unlike the former, the 18. 19, 20, and 21 some change. The full moone the 22 day, 18. minutes after 7. of the clocke at night, the 23. 24. and 25. dayes windy and wet, the 26. in like manner, the 27 and 28. daies fitting the season. The last quarter, the 29 day, 40. minutes after one of the clocke in the afternoon, and 30. rainy weather.

In this month of September, such as haue need may safely take Whiske, and also may bath and bleede. In this month all things are in their proper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

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¶ Of October.

Day	The sunne riseth.	The sunne settech.
1	howre 6 and 34 minu.	hovvre 5 and 26 minutes
7	howre 6 and 46 minu.	hovvre 5 and 14 minutes
14	hovvre 7 and 6 minutes	hovvre 4 and 0 minutes
21	hovvre 7 and 15 minu.	hovvre 4 and 45 minutes
28	hovvre 7 and 26 minu.	hovvre 4 and 34 minutes

The first, 2, 3, 4, and 5. daies answerable to the time. New moon the 6. day, halfe an houre after 7 of the clock at night; the 8. and 9. rusteling stormy weather, 10, 11. and 12. windy, and overcasting Cloudes, the 13. daie temperate. The first quarter, the 14. day 50. minutes after nine of the clocke at night, the 15. and 16. windy and vncconstant, the 17. 18, 19, 20. and 21, dayes variety of weather. Full Moone the 22. day, halfe an houre after 6. of the clock in the morning, and 23. lofty winde, the 24. apt for the time, 25, 26. and 27 inclined to moisture. The last quarter the 28. day, halfe an houre after nine of the clock at night, and 29. good weather, the 30 and 31. some great storme to be feared.

In this month of October, thou mayst take Phisicke, and also bleed and bath if occasion serue, ble hot meates and vintres to nourish thy selfe with good blood: and be ware of taking cold, because the Quartaine Ague will be apt to be taken, and such other dangerous diseases.

¶ Of Nouember.

Day	The sunne riseth.	The sunne settech.
1	hovvre 7 and 33 minutes	hovvre 4 and 27 minutes
7	hovvre 7 and 42 minutes	hovvre 4 and 18 minutes
14	hovvre 7 and 52 minutes	hovvre 4 and 8 minutes
21	hovvre 8 and 3 minutes	hovvre 3 and 57 minutes
28	hovvre 8 and 9 minutes	hovvre 3 and 51 minutes

The

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The first, 2. and 3. daies cold and windy, the 4. day frosty moisture. The new Moone the 5. day, 10. minutes before high noon, the 6. 7. and 8. daies vnconstant, the 9. 10. 11. and 12 some frosts. The first quarter the 13. day, 21. minutes after foure of the clocke in the after noone, the 14. 15. 16. and 17 cold and like to fraze, the 18 and 19, winterly weather. The full Moone the 20. day, about 5, of the clocke at night faire and frosty, the 21. 22. 23. and 24. some change, the 25. and 26. dayes frosty weather. The last quarter the 27. day, 18. minutes after 8. of the clocke in the morning, and 28 cold and cloudy, the 29. and 30. frosty weather.

In November finish the Whiske that yee meane to take, and so rest till March, except som great necessity compell thee, vse good meats and wholesome Wine to nourish thy blood: provide thee warme clothing, and go dry of thy feet, or else make sure account of rheume & poie, besides some other inconueniences that will ensue, &c.

¶ Of December.

Day	The sunne riseth.	The sunne seteth.
1	howre 8 and 12 minu.	howre 3 and 48 minutes.
7	howre 8 and 14 minu.	howre 3 and 46 minutes.
14	howre 8 and 15 minu.	howre 3 and 45 minutes.
21	howre 8 and 12 minu.	howre 3 and 48 minutes.
28	howre 8 and 7 minu.	howre 3 and 53 minutes.

The first and 2, inclined to snow or raine, the 3, and 4, windy frazing. The new moon the first day, halfe an hour after 6 of the clocke in the morning, and are some fall of moisture, the 7, 8, 9, 10, 11, and 12, daies answerable to the time. The first quarter the 13 day, at nine of the clocke in the forenoone, and 14 windy, the 15, 16, 17, 18, and 19, some stormes of wind and moisture. The full moone the 20 day, 15 minutes after 3 of the clock in the morning, and 21 and 22 not unlike the former, the 23, 24, and 25 dayes

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temperate. The last quarter the 26 day, 44 minutes after ten of the clocke at night, and 27 frosty, the 18, 29, 30 and 31 daies inclined to blowing stormy weather.

In this month of December, keepe thy body and head from cold, and eate such thinges as bee of hot quality, abstaine from Drinck, and let thy Kitchen be thy Apothecary, warme clothing thy Purse, merry company thy Keepers, and good hospitality thine exercise.

A Precaution and aduertisement, made for euery month of this yeare of our Lord God 1610. declaring the dangerous daies and nights to take any sicknesse, or to be sicke in; whereby euery man may take heed to himselfe, and so prouide in time for speedy remedy.

¶ Of January.

The second day till midnight, the 7, day and all night dangerous, the nine and ten daies in like manner, the 15, day and the 17 day and all night, the 21 day and all night, till the next day at noone very dangerous, the 24 till midnight, the 28 day and the 31, day til midnight dangerous.

¶ Of February.

The fourth day till midnight, the eight day, the 11 day and all night dangerous, the 15 day till mid night, the 18, day in like manner dangerous, the 22 day in like manner, the 24 day and all night very dangerous.

¶ Of March.

The first day and the fourth day dangerous, the ninth day and the eleuenth day in like manner, the 16 day and the 17 day and all night, the twenty two day and all night, the 24 day dangerous, the 30 and the 31 daies, and the most part of

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of the night in like manner.

¶ Of April.

The seauen and eight daies daies dangerous, the 14 day in like sort, the twenty & twenty two daies, and both the nights in like manner dangerous, the 28 day in like manner to the former.

¶ Of May.

The first day and all night, and the first day dangerous, the cleauen and twelue both daies and nights in like manner, the eightene and nineteene daies also, the twenty five and the twenty seauen daies dangerous.

¶ Of Iune.

The first day and all night, the third and fourth daies dangerous, the eight and the tenth day till midnight, the 14 day and the forepart of the night, and the 17 day in like manner, the 21, day vntill midnight, the 25, and the 29, day dangerous.

¶ Of Iuly.

The second and first both daies and nights dangerous, the ninth day and the cleauenth day and all night dangerous, the 15 and the 18 daies, both of them and the nights in like sort, the 23 day till midnight, the twenty six day, the thirty day and all night in like manner.

¶ Of August.

The first day and all night, the first day and 7, day and all night, all the next day at noone dangerous, the thirtene day and the 14 daie and all night likewise, the twenty day and most part of the night, the twenty two day, the 27 and 28 both daies and nights likewise dangerous.

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¶ Of September.

The second day and all night, the fourth day, the ninth day and the most part of the night, the eleventh day dangerous, the 16 day and all night, the 18 day likewise, the 23 day and most part of the night, the twenty five day and the twenty nine day in like manner.

¶ Of October.

The first day and the first day, the eight day dangerous, 13 day and most part of the night, the 15 day and all night, the 20 day till midnight, the twenty two day in like manner, the 26, and 28, both the dayes and most part of the nights dangerous.

¶ Of Nouember.

The second day and fourth day, and most part of the night the nine day and all night dangerous, the 12, day, the 16, day and all night, and the eightene day and all night, till the next day at none, the 23 day, and the 25 day likewise, the twenty nine day and all night dangerous.

¶ Of December.

The first day and all night, vntill the next day at none, the seauenth day, the ninth day and all night, the 14, day and all night dangerous, the 16 day vntill midnight, the twenty one day, and the twenty two day, and most part of the night, the twenty seauen day and all night, the twenty nine day till midnight in like manner.

FINIS.